

1. A method of installing a removable cleat to the sole of a shoe, the method comprising:

a ground-engaging structure for engaging the ground; and

providing a receptacle for receiving and holding the cleat, the receptacle being mounted in the sole of a shoe, the receptacle having:

(i) a plurality of inclines within the cavity, and

a restraining ledge attached to the receptacle bottom and extending into the cavity so as to prevent downward movement of an installed cleat; and

an opening in the restraining ledge having at least three equidistantly spaced radially projecting lobes that extend radially outward from the central

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vertical axis of the receptacle; and

inserting the cleat extensions through the receptacle opening into the receptacle cavity; and

engaging the extensions above the restraining ledges so that the cleat is securely attached to the receptacle so as to resist rotational movement of the cleat.

2. A method according to claim 1, wherein each cleat extension has a radial end and an angled indentation located towards the radial end, and the act of engaging includes engaging each angled indentation with an incline.

3. A method according to claim 1, wherein the plurality of cleat extensions are equidistantly spaced.

4. A method according to claim 1, wherein the plurality of cleat extensions lie in a plane perpendicular to the vertical axis of the attachment structure.

5. A method according to claim 1, wherein the cleat further comprises a skirt located between the top of the ground-engaging structure and the bottom of the attachment structure base, the skirt extending radially outward beyond the radial ends of the extensions so that when the cleat is attached to the receptacle, the skirt covers the opening in the restraining ledge.

6. A method according to claim 5, wherein the skirt has a plurality of openings on the ground-engaging structure side of the skirt so that a cleat wrench may be inserted into the skirt openings to maneuver the cleat.

5 7. A method according to claim 1, wherein each incline has a relatively gradual front ascent portion and a relatively steep back descent portion.

10 8. A method according to claim 1, wherein engaging the extensions includes securing each extension between an incline and a protuberance so as to resist rotational movement of the cleat.

15 9. A removable cleat for a shoe comprising:
a ground-engaging structure for engaging the ground; and
an attachment structure for removably attaching the cleat to the footwear, the attachment structure having a vertical axis, a base to which the top of the ground-engaging member is attached, and a plurality of extensions projecting radially outward from the base;
20 wherein the extensions are adapted for insertion into a cleat receptacle in the shoe to engage a receptacle attachment structure within the receptacle, so that when the cleat is attached to the receptacle, each cleat extension will be securely engaged above a receptacle restraining ledge.

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11. A removable cleat according to claim 10, wherein each incline includes a relatively gradual front ascent portion and a relatively steep back descent portion.

- 10 **12.** A removable cleat according to claim 10, wherein each protuberance extends radially inward toward the vertical axis of the attachment structure further than the compressible incline.

16. A removable cleat according to claim 10, wherein each cleat extension has a radial
15 end and an angled indentation located towards the radial end, the angled indentation
being adapted to engage a corresponding incline when the cleat is attached to the
receptacle.

14. A removable cleat according to claim 9, wherein the plurality of cleat extensions are
20 equidistantly spaced.

15. A removable cleat according to claim 9, wherein the plurality of cleat extensions lie in a plane perpendicular to the vertical axis of the attachment structure.

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16. A removable cleat according to claim 9, wherein the cleat further comprises a skirt located between the top of the ground-engaging structure and the bottom of the attachment structure base, the skirt extending radially outward beyond the radial ends of the extensions so that when the cleat is attached to the receptacle, the skirt covers the receptacle.

17. ¹⁴ A removable cleat according to claim ~~16~~ ¹³, wherein the skirt has a plurality of openings on the ground-engaging structure side of the skirt so that a cleat wrench may be inserted into the skirt openings to maneuver the cleat.

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